1:Sanders Z-5.4 (1952-1959) 1962 EH1 Greece EH1

In Greece today one finds an interesting mixture of traditional child-care practices and those based on Western medical knowledge. For one thing, swaddling is almost universally followed for at least three months. The peasants tell you that the baby must be swaddled if it is to grow straight, tall, and strong. This was the answer of a mother of a three-month-old infant in Leptochoria, a village near Kilkis, Macedonia. Although she had spent four years in urban Thessalonike during the guerrilla war, her ideas of child care had undergone little change. She never dreamed that there was any other way to take care of a baby than to swaddle it. She saw no need to point out the obvious advantages of being able to hang the tight little bundle under a shady limb near the field where she worked, or of being sure that the baby would not wriggle itself into a fall while the mother temporarily left the room where it was propped up.[6]

But when we talked about the field the mother said, "I took the baby with me to the field twice but each time it got sick. So the next time I go I shall leave it with a neighbor."

"Suppose you were working in the field and your husband were at home, would he take care of it?"

"Oh, he would look after it but he wouldn't change it." And then she summed up the different approaches of the two parents: "The woman will nurse the child when it cries; the man will slap it."

According to anthropologist Dorothy Lee, the child-care manuals published in Athens recommend nursing by the mother until the fourteenth month or even up to two years and deplore the use of a wet nurse; they urge against the handing of crusts or bones to the infants since fragments might lodge in the throat. Apparently, the rigid schedule of feeding which they urge is little observed in the villages, nor is the use of the crib or bassinet as substitute for the swing cradle which is in common use.

In pursuing the subject of child care, one confronts a cultural trait in Greek life — namely, an abhorrence of the naked body. One would think that the descendants of those who honored Phidias and Praxiteles would have a different conception of the body. Few, if any, Greek mothers enjoy the baby's bath as a part of the day's proceedings, for the infant's nakedness is covered as quickly as possible and no joy is taken in seeing its body in motion. This attitude of avoiding nudity persists everywhere, even in the husband-wife relationship, and contrasts strongly with the mixed bathing in the nude which one finds in many cultures or the stress upon the human form in many segments of Western society. Greeks, with whom this trait was discussed, tie it in with the Greek feeling of individualism which demands that some portions of one's personality and even the over-all view of one's body be kept to oneself — not through prudery of false modesty but because some things are never completely shared with another.

The disciplining of children in the Greek villages varies from harshness

of them. Like the eyes, they lead astray not through making false promises, but by engendering love. Speech is of extreme importance to the Greeks, since it establishes and fosters the all-important personal relationships. Almost everyone creates songs; love songs at the village festival, dirges, lullabies, songs of the way of life, songs of work, songs of one's village and of nature. It is important to find the graphic word in the most ordinary speech, and to turn a spicy phrase. Utterance will take the form of a small oration without creating self-consciousness; an answer is often incisive repartee. There are orations in the coffee house, and wherever a few people gather together. Even learned papers or scientific journals, when not under foreign influence, are often couched in oratory. *Couvenda*, conversation, is a recognized form of "passing the time", of entertainment, perhaps on a par with *syryani*. *Couvenda* is rarely desultory, or the mere exchange of information. It is usually contrapuntal virtuosity, incisive, combative, loud; and loudness is such a familiar quality of conversation that radios are turned on much too loud for the ears of foreigners. A statement or a question is countered by a challenging question. Tact and gentleness have no part here, insults are hurled, attacks are made, within the appropriate limits. A discussion is a battle of personal opinion, and its end is neither to reach the truth nor to reach a conclusion; its end is sheer enjoyment of vigorous speech.

The hair is a focus of erotic attraction. In the folk songs there is often the picture of a girl letting her hair down as a ladder hung for her lover. For the man, the moustache is a symbol of his manhood and attractiveness. The beard is not important, and in a folk song, a priest's wife calls her husband a bearded goat. A man without face hair is called a *Spanos*, and is a figure of derision in the folklore, and sometimes of fear.

Beyond the features of the head, very little of the body is mentioned in the personal folk songs. Genital organs must never be mentioned, and many women know no names for them. Out of over 400 love couplets analysed, only one mentions the breast, "your breast is like Paradise". Formally, as a general division of the body—the chest—the breast is named in the same way for men and women and the term can be used freely. In its form of a female breast it must not be mentioned, as none of the sexual areas are mentioned. Its functional term, however, the nursing-breast, *vyzi*, is commonly used without embarrassment and when a mother is nursing, there is no embarrassment about exposing the breast for suckling.

The sense of smell is extremely important to the Greeks. In the personal folk poems, there is much mention of sweet-smelling flowers, herbs, trees: "musk and cinnamon, a beautiful girl she is" says a rhyming game. An unexpected guest will be offered a "smell" of whatever the housewife is cooking, or the family is eating. And it

854 and then the two are wrapped together; the arms are pressed against
[856] the sides and then the swaddling cloth is wrapped tightly over all. Swaddling is imperative to make the baby grow straight, tall and strong; most of all to prevent it from becoming crooked.

As we have mentioned, traditional and scientific opinion agree that the baby must never be held nestling in the crook of the arm until it can sit up by itself. The gesture of mother love is not that of the curved arms. Even an unswaddled baby is held like a long stiff bundle against the body within an imaginary swaddling band. In villages, babies are often carried in slings, lying stiffly against the mother's hip and swinging with her walk; or they are carried standing in the sling against her back. The Greek cradle is a swing, which can be moved near to where the mother is working, so that she can pull the rope to rock it. At night it is put beside her bed. The pediatricians inveigh strongly against its use, considering that it spoils the baby, urging the use of bassinets and cribs.

• 853 It is important that the baby be breast-fed; in fact this is taken for granted. According to the child care manuals, it is extremely rare for a mother to have no milk, and slightly less rare that she have
[849] not enough milk. The city pediatricians find it necessary, however, to make impassioned pleas for the mother's own milk, pointing out the dangers incurred in engaging a wet-nurse, the criminality towards one's own baby, who has an inherited right to his mother's milk, and the crime against the baby of the wet-nurse, who has been left in the village without a mother. Women are reminded that the great Homeric mothers, Hecuba and Penelope, suckled their own children. Some factories have baby nurseries, mainly to enable mothers to nurse their own children. When supplementary feeding is needed, it is to be given with a spoon, lest the baby find the rubber nipple
[842] easier and refuse the breast. Asses' milk is recommended as nearest to mother's milk; cow's and goat's milk are recommended next to this.

Traditionally, the baby is given *glykanisso*, anise water, and camomile the first day, and is allowed to suck the colostrum the second day. Pediatricians urge that all ingestion should begin with suckling and that no other food be given. Babies are to receive no solid food until the sixth or even the eighth month. Nursing is recommended until the fourteenth month, or even up to two years; and the two year
[842] period is traditional. Weaning is gradual; pediatricians as well as tradition recommend the smearing of bitter stuff, perhaps quinine, on the nipple, or the offering of sweetened milk. Nursing need not
[843] be interrupted for a pregnancy and, in fact, may be good for the growing embryo. Juices of every variety of available fruit are recommended at three or four months, as well as strained vegetable soups. Traditionally, the baby joins the family at mealtime as soon as he can sit up; he is allowed to eat of the family meal, given choice slowly and carefully. At first, hard crusts and bones only are allowed,

so that fragments will not lodge in his throat. The pediatricians urge against this practice. They also urge rigid scheduling of feedings. The behaviourist principles of child rearing fit into the value of firmness, the feeding schedule falls in with the training of fortitude, and is introduced in the name of self-discipline, as well as for giving the mother freedom, that is leisure and freedom from encroachment. Few mothers, however, fall in with these schedules.

Toilet training is not mentioned in the two current manuals on child care. Mothers report that they begin training for urination at five or six months. Training for the bowel movement does not come until the child can sit by himself. Help in learning how to speak is suggested and described at length, but none for walking. Greek mothers do encourage their children to walk, however, and a folk rhyme says that a baby, "lest it be shamed," takes to the wall and walks at seven months. The manuals devote much space to character training; obedience is taught first, almost from birth; it is the parents' task to mould the character of the child, to be firm and unyielding. Mothers are urged not to be indulgent or overprotective.

The manuals devote about a third of their space to illness and home care. Under illness are listed sleeplessness, enuresis, thumbsucking, night terror, lack of appetite. Enuresis is said to come from irritation of the urethra, thumbsucking to begin around the fifth month from irritation of the gums.

In recent years, mothers have been urged to spend more time with their babies and to do more things for them. Among the urban well-to-do this means that mothers are urged to bathe, feed, and suckle their babies themselves. For other groups, this would mean a displacement; the children are usually with the mother, working with her and sharing experience with her; but to give them her undivided attention she would have to change basic attitudes, the accepted place of the child within the family and his assumed share in all its functions; and she must reorient the entire system of roles within the family.

The mother apparently takes no delight in the naked baby, in touching its skin or watching its movements when freed from the swaddling cloth. Traditionally the baby, like the adult, is never naked. The baby's bath is not a special occasion of delight. In her lullabies, the mother shows no delight in any part of the child. She speaks of the joys of gardens, flowers, herbs and trees, but most of all, she tells of the rich clothes and adornments she is ordering from strange lands. She dreams of her daughter's wedding and her son's education. To the visitor, the baby consists of arms and legs; she says, first making appropriate allowances for the evil eye: "How his arms and legs have grown!" The mother coos and signs to her baby and smiles a special smile; she kisses his hands, she holds him in her arms. She calls him "My little gold, my little angel, my little bird, my little love"; she uses no terms derived from the sense of taste, unless she is a refugee